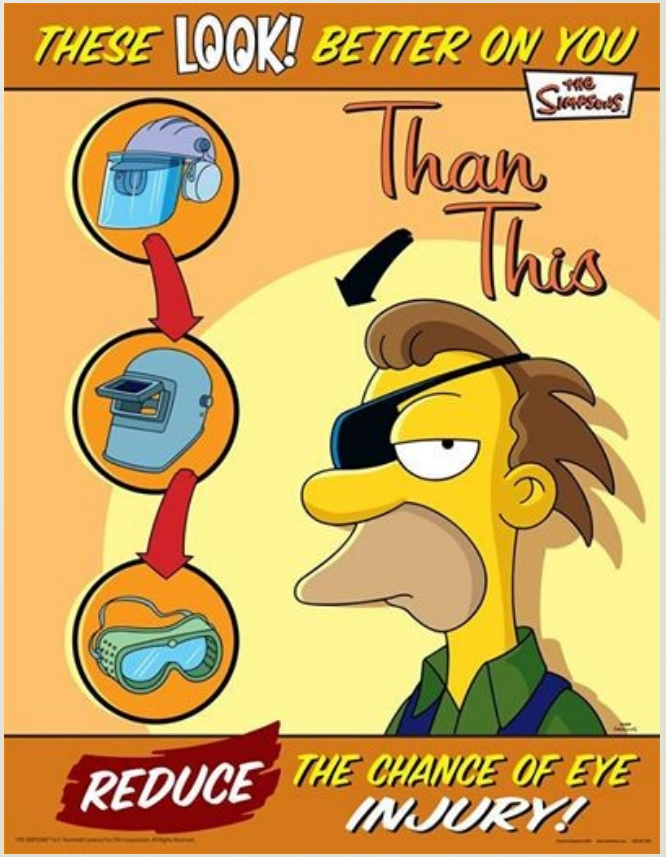
# 2016 Safety Campaign

## Preserving Combat Readiness
## Saving Lives

# Fall/Winter Focus Areas

How Sailors & Marines Got Hurt

- Traffic Safety
- Alcohol Awareness
- Sexual Assault
- Suicide Awareness
- Firearms
- Do’s & Don'ts



# How Sailors and Marines Got Hurt

## Top Five Off-Duty Injury-Producing Activities
## Sept 2015-Feb 2016

1. Motor Vehicle
   – 551 Injuries
2. Basketball
   – 146 Injuries
3. Football
   - 107 Injuries
4. Weight Lifting
   - 43 Injuries
5. Soccer
   - 41 Injuries

# Who’s At Risk?

**EVERYONE!**

**Although most mishaps involve Sailors and Marines between the ranks of E-1 and E-4, mishaps involve both men and women, officer and enlisted. Many of the mishaps are not caused by a lack of experience but by weather and holiday distractions.**

**The best way to avoid a mishap is to slow down and do it the right way the first time. You may not get a second chance.**

# Did You Know?

- You can still dehydrate in cold weather
- Loose layers will keep you warmer than a tight-fitting sweater or jacket
- Smoke detector batteries should be changed and tested
- Check your decoration lights for frays, shorts, and cuts to prevent fires and electrocution
- Fake trees can still catch fire
- Monitor your credit card and bank accounts for fraudulent access while shopping, especially online
- Before you travel, check the weather and traffic reports

# Before You Leave

- Ensure you packed all your belongings and needs safely in the vehicle
- Do not place items near the pedals, steering wheel, or gearshift
- Check lights, tire pressure, fluids, and roadside equipment – Reference your owner’s manual for specifications
- When pumping gas, do not top-off your tank as this can cause spillage

# Fighting Fatigue

- Start every trip well-rested
- If possible, drive during daylight hours
- Schedule breaks every two hours
- Step out of the vehicle and walk around for at least 10 minutes
- Never drink and drive
- Pull over if you get tired
- Caffeine is not a substitute for sleep

# Use **TRiPS** for your Trip

- TRiPS = Travel Risk Planning System
- Easy, online risk assessment that helps you recognize and reduce travel risks
- Supervisory involvement is key
- You have the option of online and a downloadable pdf.

Access TRiPS at https://trips.safety.army.mil/

# It’s No Laughing Matter

- Alcohol-related mishaps kill and injure Sailors and Marines every year between Labor Day and New Year’s Day
- In FY16, alcohol was a factor in 55 mishaps
- Of those mishaps 8 had fatalities
- There is always a safer ride home

# Alcohol Awareness

- Drinking Facts:
  - Absorption of alcohol depends on
    - Your size, weight, body fat and gender
    - Amount of alcohol consumed
    - Amount of food in your stomach
    - Use of medications
- Helpful Hints:
  - Never drink alone
  - Have a sober person with you if you go out
  - Have a backup plan
  - Charge your phone before you leave
  - Save the numbers of at least three cab services

# Alcohol Awareness Discussion Questions

- What do you think the Navy/Marine Corps culture is regarding alcohol?

- Has this culture changed? For better or worse?

- What would you do if you were at a party and had too much to drink?

- What are other options for getting home safely?

- What are other issues (besides driving)

# How Do You Know if You Need Help?

- Have you ever felt you should cut back on your drinking?
- Does your drinking ever make you late for work?
- Do you ever forget what you did while you were drinking?
- Do you ever drink after telling yourself you won’t?
- Have people annoyed you by criticizing your drinking?
- Do you ever need a drink first thing in the

# Resources

If you answered yes, even once, to the questions on the previous slide, you may have a problem with alcohol.

- Help is easy to find!
- Learn what Tricare can do by visiting www.tricare.mil/ProviderDirectory/ http://www.tricare.mil/mtf
- To find a local resource, call the Center for Substance Abuse Treatment at 1-800-662-HELP

# Preventing Sexual Assault:

- See something, say something
- Directly approach potential problems and express concern
- Involve friends, witnesses and authorities
- Distract the predator and remove the potential victim
- Don’t leave potential victims alone
- Anyone can be a victim
- Alcohol and drugs are not excuses for assault

# Preventing Sexual Assault
# Be an Active Bystander

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|---|---|
| **Direct Approach** | • Talk to your friend to ensure he or she is doing okay<br>• Pull your shipmate aside and say you think the situation is dangerous<br>• Point out the potential perpetrator's disrespectful behavior in a safe manner to de-escalate the situation |
| **Involve Others** | • Recommend to a bartender or party host that potential victim or perpetrator has had too much to drink<br>• Grab a friend or two before speaking with the potential perpetrator<br>• If the situation seems to be escalating, call the police |

# Preventing Sexual Assault
# Be an Active Bystander

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|---|---|
| **Distraction** | Make up an excuse to get your friend get away from the creep (e.g., “I think I lost my phone. Can you help me look for it?” “I was thinking of grabbing some food, want to come with me?”) |
| **Be a Third Wheel** | If it seems like the potential perpetrator is trying to isolate your shipmate (offering him or her a ride, inviting him or her to their home, etc.) go with them. |

# Discussing SAPR

- What would you do if you witnessed a shipmate being harassed or assaulted?
- What resources are available for victims?
- Can men be victims?

# Suicide Warning Signs

- Expressing suicidal thoughts
- Increased drug and/or alcohol use
- Withdrawal from friends and family
- Recklessness
- ACT:  Ask, Care, Treat

For resources, visit www.suicide.navy.mil

# Suicide Help

- Never leave the person alone
- Take every threat of suicide seriously
- Do not make jokes or “dare” them to do it
- Listen to what they are saying
- Take them to a facility for help – this includes the Chaplain, hospital, or senior leader
- If they refuse to leave, call for help
- It is NOT about you

# Firearm Rules

- Assume every firearm is loaded
- Never point the firearm at anything you aren’t willing to kill
- Always check and recheck the safety
- Never store the firearm and ammo in the same place
- Never leave the firearm in out unless it is in your holster, hands, being cleaned
- Ensure firearm cannot be accessible to children or untrained adults

# Three-Points Security

- A Three-Points Security measure is a safe way to secure a firearm when it is not in use
- Note: These are only suggestions not requirements
- An example:
  - Gun is secured with a trigger lock or gun lock
  - Gun is placed in a lockbox, ammo is secured in a separate location
  - Lockbox is stored in a closet with a lock on a high shelf or in a larger gun safe

| | |
|---|---|
| Do | Ensure all candles are blown out at night |
| | Unplug decorations before going to bed or leaving the house |
| | Secure all doors and before bed and leaving the house |
| Don’t | Post travel plans online in public forums |
| | Deep fry frozen foods, it may cause a fire or explosion |
| | Melt ice or snow with table salt |

# Veterans Crisis Line
# Call, Chat or Text

# Frozen Turkey

- https://www.youtube.com/watch?v=HgGf38ngXHw

Manage those risks, and you'll have a fun and safe fall and winter season!

www.public.navy.mil/navsafecen